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WHAT IS CLAIMED IS:

1. An angiotensin converting enzyme inhibitor,  
which is a composition containing a mixture of a plurality of peptides  
obtained by digesting fish meat with thermolysin enzyme,  
and wherein a content of a polypeptide ingredient having a molecular  
weight of at least 5000 is at most 10 % by weight with respect to a  
solid portion of the composition.

2. An angiotensin converting enzyme inhibitor according to  
Claim 1, wherein the composition containing a mixture of a plurality of  
peptides comprises at least one selected from the group consisting of

~~Ile-Tyr,~~

~~Phe-Gln-Pro,~~

~~Ile-Leu-Tyr,~~

~~Ile-Tyr-Ala,~~

~~Ile-Lys-Trp,~~

~~Leu-Lys-Tyr-Pro,~~

~~Ile-Val-Arg-Asp,~~

~~Leu-Lys-Pro-Asn-Met,~~

~~Ile-Trp-His-His-Thr,~~

~~Ala-Leu-Pro-His-Ala,~~

~~Ile-Lys-Pro-Leu-Asn-Tyr,~~

~~Asp-Tyr-Gly-Leu-Tyr-Pro, and~~

~~Ile-Val-Gly-Arg-Pro-Arg-His-Gln-Gly-Ile-Tyr (SEQ. ID. NO. 2),~~

~~Phe-Gln-Pro (SEQ. ID. NO. 3),~~

~~Ile-Leu-Tyr (SEQ. ID. NO. 4),~~

Ile-Tyr-Ala (SEQ. ID. NO. 5),

Ile-Lys-Trp (SEQ. ID. NO. 6),

Leu-Lys-Tyr-Pro (SEQ. ID. NO. 7),

Ile-Val-Arg-Asp (SEQ. ID. NO. 8),

Leu-Lys-Pro-Asn-Met (SEQ. ID. NO. 9),

Ile-Trp-His-His-Thr (SEQ. ID. NO. 10),

Ala-Leu-Pro-His-Ala (SEQ. ID. NO. 11),

Ile-Lys-Pro-Leu-Asn-Tyr (SEQ. ID. NO. 12),

Asp-Tyr-Gly-Leu-Tyr-Pro (SEQ. ID. NO. 13), and

Ile-Val-Gly-Arg-Pro-Arg-His-Gln-Gly (SEQ. ID. NO. 14).

3. An angiotensin converting enzyme inhibitor of Claim 1, wherein the fish meat is a dried fish.

4. An angiotensin converting enzyme inhibitor of Claim 2, wherein the fish meat is a dried fish.

5. An angiotensin converting enzyme inhibitor of Claim 1, ~~wherein the fish meat is~~ a residue from extraction of the dried fish with boiled water is used as the fish meat.

6. An angiotensin converting enzyme inhibitor of Claim 2, ~~wherein the fish meat is~~ a residue from extraction of the dried fish with boiled water is used as the fish meat.

7. An angiotensin converting enzyme inhibitor of Claim 3, wherein the dried fish is a dried bonito.

8. An angiotensin converting enzyme inhibitor of Claim 4,  
wherein the dried fish is a dried bonito.

9. An angiotensin converting enzyme inhibitor of Claim 5,  
wherein the dried fish is a dried bonito.

10. An angiotensin converting enzyme inhibitor of Claim 6,  
wherein the dried fish is a dried bonito.

Abstract of the Disclosure

The present invention provides an angiotensin converting enzyme inhibitor having strong activity of inhibiting angiotensin converting enzyme, good hue and easily to take in which is a composition containing peptides obtained by digesting a fish meat with thermolysin enzyme, and wherein a content of a polypeptide ingredient having a molecular weight of at least 5000 is at most 10 % by weight.